

Senior Center Network Cross Country Skiing

Cross Country Skiing Group

When: Most Thursdays at 1 p.m. beginning January 6, 2022

Where: Timber Ridge Resort, Hammond Rd E & Six Mile Rd
(meet at the main lodge)

Cost: \$3 daily trail pass (senior discount rate) please bring exact change **You must be registered as part of this Senior Center group to receive the discounted \$3.00 pass**

Other: Ski on the Timber Ridge trails (easy) OR ski out on the Vasa Trail System (intermediate); plan to ski for 60–75 minutes; bring your own equipment OR rental equipment available at Brick Wheels or Don Orr's.

Leaders: John & Nancy Morris (319) 210-2137

**YOU MUST REGISTER BY CALLING THE SENIOR CENTER
NETWORK AT 231-922-4911 TO ATTEND**



www.gtcountymi.gov/scn



Senior Center Network

+ Safety First +

Skiers Responsibility Code

There are elements of risk in skiing that common sense and personal awareness can help reduce.

- Test any new gear before going out.
- Use properly fitting gear.
- Do not wear cotton – wear merino wool or other sweat wicking fabrics.
- Dress in light layers including gloves and socks.
- Wear sunglasses to protect your eyes when necessary.
- Maintain control of your speed and direction at all times.
- Ski in a manner that does not endanger others.
- Do not stop where you obstruct a trail or are not visible to others.
- Obey all signs and posted warnings.
- Keep off closed trails.
- Report all accidents.
- Watch for unmarked obstacles.
- Carry water and a light snack.

Trail Courtesy

For the enjoyment of all trail users, please keep the following points in mind:

- No foot traffic on groomed ski trails.
- If the trail is bidirectional - please stay on the right side of the trail.
- A climbing skier should yield right-of-way to a descending skier.
- Skiers should step to the far side of the track when overtaken by a faster skier.
- Do not walk or skate ski across a groomed classic ski track.
- Skiers pulling pulks should use the skate lane.
- Fill your sitz marks.
- Pack out garbage.



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